



Affiliate Annual Report Form

Submit this form to your Regional Director and the
NEAFCS National Office, 325 John Knox Rd. Suite L103 Tallahassee, FL 32303
Fax: (850) 222-3019 Email: djessup@executiveoffice.org

Please return this form by December 31st of each year to your Regional Director and a copy to the National Office. **This report should cover anything that has occurred between January 1 and December 31 of the current year - 2019.**

State/Territory: CALIFORNIA Date: 1/16/2020
Person Completing Form: Mary L Blackburn Phone: 510 670-5623

What accomplishments/progress has your Affiliate made in the past year? (Consider member resources, awards and recognition, public affairs, etc.)

Statewide Programs:

The Expanded Food and Nutrition Education Program (EFNEP) reached underserved and limited-resource families in 24 Californian counties; delivering 53,063 hours of nutrition education taught in English, Spanish, Vietnamese, Hmong, Chinese and Russian for 40,927 participants. At least 95% of adults reported improved diet quality practices; 86% improved food safety; and 87% improved physical activity. Graduates (n=4,849), reported an average family food cost saving of \$65.92 per month --- an annualized saving of \$3,835,752.90.

SNAP-Ed/CalFresh Healthy Living in California is a joint effort of the University of California (UC), California Department of Social Services (CDSS), California Department of Public Health (CDPH), California Department on Aging (CDA), and California Catholic Charities (CCC). The University of California Agriculture and Natural Resources (UCANR) Cooperative Extension (UCCE) administers the program to SNAP eligible populations in 32 California counties in partnership with almost 800 non-funded organizations and groups. During Federal Fiscal Year 2019, CalFresh Healthy Living was delivered through UC at 150 sites, and direct education reached 97,145 eligible participants. The program also facilitated more than 1,300 PSE changes at 397 sites/organizations -- reaching an estimated 175,000 people.

County Highlights:

Alameda County: In 2019, over 200 teachers were trained, and reached over 3,200 preschoolers in 46 preschools with 3,050 hours of extender education in nutrition and physical activity; gardening at 11 sites; wellness policy development at 17 site; and stenciling on four playgrounds. A Quality of Life Program for seniors in seven low-income senior housing sites reached over 850 seniors with nutrition education, physical activity,

and food safety training. A highlight was training 70 Senior Ambassadors to promote senior wellness program participation. They helped reinforce healthy messages among their peers, encouraged participation in gardening, nutrition, physical activity, and food safety training. Over 85 percent of the 159 seniors trained on food safety intend to wash hands, sanitize more, store food and cooking food at correct temperatures. Master Gardener trainings and gardening maintenance led to 110 seniors planting gardens plots. To accommodate seniors with physical limitations, 120 seniors planted container herb gardens.

Riverside/San Bernardino Counties: In 2019, the county reached 5,847 youth and 692 adults through direct education with Expanded Food and Nutrition Education Program (EFNEP), and CalFresh Healthy Living, (CFHL, UC) Program helping them adopt healthy behaviors. CFHL, UC, also reached 38,491 residents directly and indirectly through policy, systems and environmental changes. Shaping Healthy Choices Program was implemented in 5 classrooms at two middle schools. Partnership with UC Master Gardeners helped start 3 new gardens and maintain 7 school & community gardens to increase opportunities for healthy food access.

Tulare/Kings Counties: In 2019, the Tulare/Kings counties implemented two federal nutrition programs-CalFresh Healthy Living (CFHL), and Expanded Food & Nutrition Education Program (EFNEP). CFHL, UC provided direct education to 10,761 children and youth, 822 adults and indirect education to 31, 421 participants. Additionally, Policy Systems and Environment (PSE) changes were implemented at 42 sites reaching 21,087 participants making 59 PSE changes across all settings (e.g. 41 nutrition changes, 15 PA changes, & 3 nutrition/PA changes combined). EFNEP program reached 236 program families and of these 236 participants, 187 graduated showing improvements in practices related to food resource management, nutrition, physical activity, and food safety.

International, National, Regional, and State Awards and Contributions

Deepa Srivastava and team: 2019 NEAFCS Award SNAP-ED/EFNEP 3rd Place National; 2019 NEAFCS Award SNAP-Ed/EFNEP 1st Place Regional; 2019 UC ANR STAR Award to CFHL, UC & EFNEP Team Tulare/Kings Counties, CA.

Mary L. Blackburn: Appointed reviewer of Minutes of National Business Meeting, October 1, 2019, Hershey Pennsylvania.

Mary L. Blackburn: Recorder, 2019 Western Region Business Meeting, October 1, 2019, Hershey Pennsylvania.

Mary L. Blackburn: Reviewer, 2018 Minutes, Western Region Business Meeting, September 25, 2018, San Antonio, Texas.

Mary L. Blackburn: Reviewer, 2018 Minutes, National Business Meeting, September 26, 2018, San Antonio, Texas.

Mary L. Blackburn: University of California Agricultural and Natural Resources representative to the Joint *International Healthy Aging Research Workshop* -- University of California and Nanyang Technological University, Singapore, UCLA, December 10, 2019.

UC Delivers Stories:

1. UC CalFresh encourages fruit and vegetable consumption among students in Tulare and Kings Counties. UC Delivers. <https://ucanr.edu/delivers/?impact=1107&a=0>
2. Bailoterapia helps fight obesity among Kings County families. UC Delivers. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=31300>
3. UC ANR gardening workshops stimulate senior participation in wellness activities <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=38904>
4. UC ANR trains senior housing residents to handle food safely
<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=38974>
5. EFNEP Educator Made Learning Fun!
<https://ucanr.edu/Delivers/?impact=1098&delivers=1>
6. EFNEP Helped Create One of America's Healthiest Schools
<https://ucanr.edu/Delivers/?impact=1090&delivers=1>
7. EFNEP Helped Girls Varsity Sports Teams Eat Better
<https://ucanr.edu/Delivers/?impact=1096&delivers=1>
8. Moreno Valley Unified Community Wellness Center Welcomed EFNEP
<https://ucanr.edu/Delivers/?impact=1097&delivers=1>
9. UC partnership increases access to healthy food in Coachella
<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=30965>
10. UC partnership grows school breakfast program in Coachella
<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=31403>

International Presentations:

Blackburn, Mary L. 2019. *From Research to Practice: International Healthy Aging Research Workshop* convened by the University of California and Nanyang Technological University, Singapore. I presented research and extension activities on aging; describe the UCANR division, and reported on its programs and services offered; learn of other research conducted on aging throughout the UC system; and work at Nanyang Technical University, in Singapore.

National and State Poster Presentations:

1. Srivastava, D. & Dev, D.A. (2019). Examining Nutrition Practices Across Early Childhood Education Programs in Two Rural Counties of California. Poster presentation at the Society for Nutrition Education and Behavior, Orlando, FL; July 29, 2019.

2. Srivastava, D. (2019). Leveraging Partnerships to Implement Policy, Systems, & Environmental Initiatives in Two Rural Counties of California. Poster presentation at the Society for Nutrition Education and Behavior, Orlando, FL; July 28, 2019
4. Srivastava, D., & Panarella, K. (2019) EFNEP Families Adopting Healthy Choices in Tulare County of California, Poster presentation at the Society for Nutrition Education and Behavior, Orlando, FL; July 28, 2019.
5. Srivastava, D. & Byrnes, M. (2019) Leveraging Partnerships to Promote Healthy Lifestyle in a Rural Community. Poster presented at the 10th Biennial Childhood Obesity Conference, Anaheim, CA; July 15-17, 2019
6. Srivastava, D., Spicer, T., & Byrnes, M. (2019). Building Healthy Rural Communities through Policy, Systems, & Environmental Change. Poster presentation at the 10th Biennial Childhood Obesity Conference, Anaheim, CA; July 15-17, 2019.
7. Mknelly, B., Keihner, A., Thao, B.S., Slattery, C., Srivastava, D., Johnson, C., & Chen, W. (2019). The SNAP-Ed Evaluation Framework and UC CalFresh's Obesity Prevention Strategies. Poster presentation at the 10th Biennial Childhood Obesity Conference, Anaheim, CA; July 15-17, 2019.
7. Carlos C, Jones AM, Scherr RE, Sandoval E, and Ganthavorn C. *Family and Community Partnerships Sustain Positive Health Outcomes at Nicolet Middle School*, presented at California SNAP-Ed Forum, Sacramento, California, January 2019.
8. Pulido M, Barahona J, and Ganthavorn C. *Partnership with Food In Need of Distribution (FIND) Food Bank*, presented at California SNAP-Ed Forum, Sacramento, California, January 2019.
9. Ganthavorn C, Pulido M, Munyan M, and Louie B. *Engaging Desert Cahuilla Indian Youth from the Torres Martinez Tribe*, presented at California SNAP-Ed Forum, Sacramento, California, January 2019

National Committee Participation:

Professional Development Committee: Program Development Subcommittee: Reviewed concurrent and poster sessions for the 2019 annual conference abstracts: Mary Blackburn (6), Chutima Ganthavorn (4), and Deepa Srivastava (8). We wrote detailed critiques for mentoring purposes.

Awards Committee Judging: Reviewed award applications for 2019 Annual Conference: Mary Blackburn reviewed 10 Community Partnership awards and wrote detailed reviews for each application for mentoring purpose.

Public Affairs Committee: California contributed 10 statements for the 2019 National Extension Association of Family and Consumer Sciences National Impact Statements.

Member Resources – JNEAFCS Journal Sub-Committee: One member (Mary Blackburn) attended the 2019 committee meeting in Hershey, PA and helped to develop the 2019

Annual Plan. Two reviewed 2019 NEAFCS conference abstracts: Mary Blackburn 11 and Deepa Srivastava 11. Mary Blackburn reviewed six JNEAFCS manuscripts and wrote mentoring reports. Deepa Srivastava Reviewed 4 SNEB- conference abstracts.

AAFCS: Two members are active in the American Association of Family and Consumer sciences and California Affiliate.

International: One member active in the International Federation of Home Economics.

International: Mary Blackburn served on the Planning Committee of the 2019 Global Intergenerational Conference – Connecting the Generations; and attended the conference in Portland, Oregon, June 12 – 14, 2019.

What are your Affiliate’s goals for the next 12 months?

Program goals are to address the need for increasing appointments in the Nutrition, Family and Consumer Sciences discipline and expand research programs and extension around climate change and the consumer; healthy living for older Americans and increasing the efficacy of the federal nutrition education programs through direct education, PSE efforts and garden-enhanced nutrition education projects.

What challenges do Cooperative Extension and/or Family & Consumer Sciences pose in your state?

The current political climate affects the participation rates of adults who identify as immigrant Hispanic or Latino. Fears within the immigrant community about participating in any free/government programming, and lack of multi-lingual resources impacts on program effectiveness. There is a continuing lack of funding and resources to address adequately the needs of families at higher risk in large urban counties. The number of NFCS advisors is small in comparison to the population needs in California – lost three through retirement and resignations.

To assist NEAFCS in future planning and communication, please list concerns your Affiliate has for the NEAFCS Board to address:

None to date.